



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Gravina, Angelo

Total time: 1:19:35

Club: Frankfurt

Number: 181

Course: 25.75 km

Rank in course/Total: 171 (of 307)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 150 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 21(of 31)

männl. AK 4 (TM 35-39)

Best time in the category: 1:02:08

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	14:19	28:37	29	6:36	232	7:04	0.50	14:19	28:37	32	1:40	251	5:34
Schwimmen Total	0.50	14:19												
Wechsel Schw.-R	0.25	3:11	12:43	23	1:39	161	1:46	0.75	17:30	23:19	32	2:44	245	6:50
Rad	20.00	41:02	2:03	24	9:12	178	10:45	20.75	58:32	2:49	32	7:47	250	15:28
Rad Total	20.25	44:13												
Laufrunde 2,5 km	2.50	10:39	4:15	8	1:01	40	1:38	23.25	1:09:11	2:58	32	7:39	248	15:51
Lauf	2.50	10:24	4:09	5	0:39	25	1:27	25.75	1:19:35	3:05	21	17:27	151	17:27
Lauf Total	25.25	1:19:35												